

Full Report (All Nutrients) 09183, Melons, casaba, raw

Report Date: June 30, 2017 15:13 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:40% Refuse Description: 11% cavity contents, 29% rind

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, cubes 170g	1 melon 1,640g	0.1 fruit 164g
Proximates							
Water 1	g	91.85	2	--	156.14	1506.34	150.63
Energy	kcal	28	--	--	48	459	46
Energy	kJ	118	--	--	201	1935	194
Protein 1	g	1.11	2	--	1.89	18.20	1.82
Total lipid (fat)	g	0.10	1	--	0.17	1.64	0.16
Ash 1	g	0.36	2	--	0.61	5.90	0.59
Carbohydrate, by difference	g	6.58	--	--	11.19	107.91	10.79
Fiber, total dietary 1	g	0.9	2	--	1.5	14.8	1.5
Sugars, total	g	5.69	--	--	9.67	93.32	9.33
Minerals							
Calcium, Ca 1	mg	11	2	--	19	180	18
Iron, Fe 1	mg	0.34	2	--	0.58	5.58	0.56
Magnesium, Mg 1	mg	11	2	--	19	180	18
Phosphorus, P 1	mg	5	2	--	8	82	8
Potassium, K 1	mg	182	2	--	309	2985	298
Sodium, Na 1	mg	9	2	--	15	148	15
Zinc, Zn 1	mg	0.07	2	--	0.12	1.15	0.11
Copper, Cu 1	mg	0.060	2	--	0.102	0.984	0.098
Manganese, Mn 1	mg	0.035	2	--	0.060	0.574	0.057
Selenium, Se	µg	0.4	--	--	0.7	6.6	0.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, cubes 170g	1 melon 1,640g	0.1 fruit 164g
Vitamins							
Vitamin C, total ascorbic acid 1	mg	21.8	2	--	37.1	357.5	35.8
Thiamin 1	mg	0.015	2	--	0.025	0.246	0.025
Riboflavin 1	mg	0.031	2	--	0.053	0.508	0.051
Niacin 1	mg	0.232	2	--	0.394	3.805	0.380
Pantothenic acid 1	mg	0.084	2	--	0.143	1.378	0.138
Vitamin B-6 1	mg	0.163	2	--	0.277	2.673	0.267
Folate, total 1	µg	8	2	--	14	131	13
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	8	2	--	14	131	13
Folate, DFE	µg	8	--	--	14	131	13
Choline, total	mg	7.6	--	--	12.9	124.6	12.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE 1	µg	0	--	--	0	0	0
Retinol	µg	0	--	--	0	0	0
Carotene, beta 1	µg	0	2	--	0	0	0
Carotene, alpha 1	µg	0	2	--	0	0	0
Cryptoxanthin, beta 1	µg	0	2	--	0	0	0
Vitamin A, IU 1	IU	0	2	--	0	0	0
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	26	--	--	44	426	43
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.09	0.82	0.08
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	2.5	--	--	4.2	41.0	4.1
Lipids							
Fatty acids, total saturated	g	0.025	--	--	0.043	0.410	0.041
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, cubes 170g	1 melon 1,640g	0.1 fruit 164g
12:0	g	0.001	--	--	0.002	0.016	0.002
14:0	g	0.001	--	--	0.002	0.016	0.002
16:0	g	0.021	--	--	0.036	0.344	0.034
18:0	g	0.002	--	--	0.003	0.033	0.003
Fatty acids, total monounsaturated	g	0.002	--	--	0.003	0.033	0.003
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
18:1 undifferentiated	g	0.002	--	--	0.003	0.033	0.003
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.039	--	--	0.066	0.640	0.064
18:2 undifferentiated	g	0.017	--	--	0.029	0.279	0.028
18:3 undifferentiated	g	0.022	--	--	0.037	0.361	0.036
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD